

MARCH 2011

# ALL HANDS

MAGAZINE OF THE U.S. NAVY



## My Purple Heart:

One Vietnam Veteran's Story of Survival





[On the Front Cover]

Meet Capt. Ann Darby Reynolds, one of the first four women recipients of the Navy's Purple Heart during the Vietnam conflict.

Photo by MC3(SW) Mikelle Smith



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## The Navy School of Music Producing U.S. Ambassadors to the World

It's the only military school in the United States instructing more than 600 military basic and advanced students annually. Located at Joint Expeditionary Base Little Creek-Ft. Story, Virginia Beach, Va., the Navy School of Music is a multi-service command providing training for Army, Navy and Marine Corps musicians.

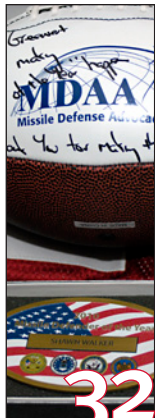
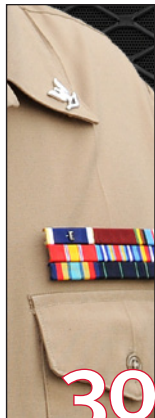
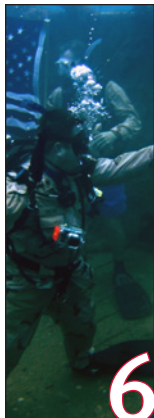
Photo by MC2(AW) Jonathan Hutto Sr.

## Life in the 'yard with *Bonhomme Richard*

Every five years or so, a ship needs to be pulled out of the water to have critical maintenance and preservation work done to the hull. This year, it's time for USS *Bonhomme Richard* to receive upgrades and equipment, while her Sailors get used to life in the shipyard.

Photo by MCC Joe Kane

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## My Purple Heart One Vietnam Veteran's Story of Survival

On Christmas Eve 1964 in Saigon, Vietnam, Navy Nurse Ann Darby Reynolds stood at the window in her room as the enemy attacked, making the holiday less like Christmas and more like a massacre. Reynolds would go on to devote 26.5 years to the Navy, rarely speaking about the incident or her duty at Naval Station Hospital Saigon, but never forgetting what she called "the most traumatic experience" of her life.

Photo by MC3(SW) Mikelle Smith

## [Next Month]

*All Hands* heads to Key West, Fla. where wounded warrior swim with the dolphins..





Sailors fire shot lines from USS *Gridley* (DDG 101) to USNS *Carl Brashear* (T-AKE 7) during an underway replenishment in the Pacific Ocean.

Photo by MC2 James R. Evans



## Hello, Shipmates!

This March, we celebrate the 96th anniversary of the establishment of your Navy Reserve. You could say that when the Congress created the Federal Naval Reserve, March 3, 1915, it was the beginning of what we now call the Navy Total Force.

Back then, the law required all Reserve Sailors to have served on active duty. Today, while we have programs to bring civilians directly into the Navy Reserve as recruits and direct-commissioned officers, the overwhelming majority of our Sailors are Navy veterans. You, the active-duty Sailor, are the future of our Navy Reserve!

Fortunately, the transition won't be difficult, since we share so much in common. Since 9/11, the Navy and Navy Reserve have become a highly integrated force. Active Component (AC) and Reserve Component (RC) Sailors routinely serve together. Nowhere is this reality more apparent than on the ground in Central Command, with about a 50/50 mix between AC and RC Sailors filling Individual Augmentee billets.

I witnessed this integration firsthand in January during travel overseas with the Chief of Naval Operations Admiral Gary Roughead, Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West, and Chief of Navy Reserve Vice Admiral Dirk Debbink. We saw AC and RC Sailors working side-by-side in Germany, Kuwait, Bahrain, Iraq, and Afghanistan. We saw great Sailors – not AC or RC, just Sailors – doing great work under arduous conditions. We could not have been more impressed with their pride, professionalism, motivation, and can-do spirit.

Our mission is important and Sailors are valued. There truly has never been a better time to be a Sailor, and never a more challenging time. Make no mistake – our top Sailors are competing for every billet we have. Fleet RIDE, Perform to Serve, Career Management System / Interactive Detailing – these are the systems that will drive your future. Get informed and take control of your career!

As an AC Sailor reading this, know that there are numerous opportunities for you to serve in your Navy Reserve. Our Navy values, and needs, your talents and experience! Some of you may have always planned to leave active duty to start a family, go to school, or join the business world. Others may not have considered the Navy Reserve before today. Either way, I encourage you to learn all you can about the Navy Reserve by speaking with your Career Counselor or visiting [www.navyreserve.mil](http://www.navyreserve.mil) for more details about the opportunities to continue to serve in our Navy.

As a part-time job, the benefits can't be beat – additional income, an opportunity to earn a retirement, highly affordable TRICARE Reserve Select medical care



and dental benefits, as well as affordable Serviceman's Group life insurance for Sailors, spouses and children. Having this health and life insurance gives Reserve Sailors the flexibility to change jobs, use your Post 9/11 GI Bill benefits, or start a family – on your terms.

In addition to earning pay and retirement credit, Reserve Sailors continue to compete for advancement and enjoy a wide variety of training, education, and travel opportunities (both duty and Space "A"). Reserve Sailors and their families have access to commissaries; exchanges; Morale, Welfare and Recreation facilities; activities; gyms; and clubs.

Most of all, you'll continue serving in America's Navy. You will continue to be a part of the Global Force for Good. You'll continue to wear the uniform as a Sailor. We share the same Navy core values, the same Navy ethos and the same Sailor's Creed. We are the U.S. Navy, our nation's sea power – ready guardians of peace. Doing important work that makes a difference in the world is a benefit that money cannot buy.

But, what's in it for the Navy? When we enable the continuum of service, the Navy retains highly -trained, experienced Sailors like you, who possess valuable skills and capabilities. We retain dedicated Sailors with a strong desire to serve and defend. We retain trustworthy Sailors who embody our Navy core values and live our Navy ethos. We retain mature Sailors who are self-motivated leaders who have a unique appreciation for our Navy culture. We retain the best for life.

I encourage every Sailor to explore all of their career options, and if you choose to change lanes, consider joining the Navy Reserve. With the benefits of service and the flexibility of life as a civilian, the Navy Reserve truly offers the best of both worlds!

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## ALL HANDS

Number 1128 | March 2011  
[www.navy.mil](http://www.navy.mil)

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Chief of Naval Operations  
**Adm. Gary Roughead**  
Navy Chief of Information  
**Rear Adm. Dennis Moynihan**

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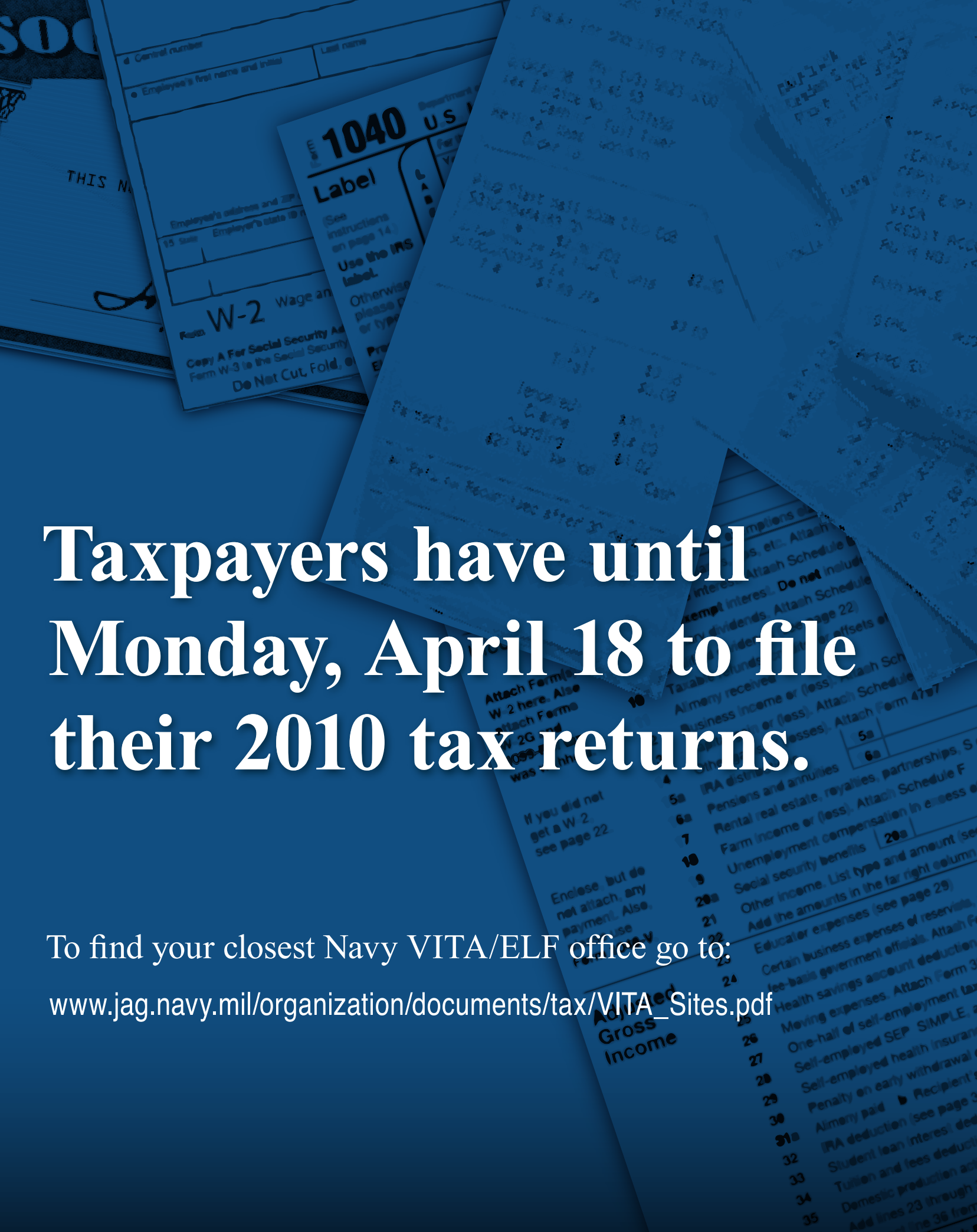
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**All Hands** (USPS 372-970; ISSN 0002-5577) Number 1128 is published monthly by the Defense Media Activity – Anacostia, Production Department, 2713 Mitscher Rd., S.W., Anacostia Annex, D.C. 20373-5819. Periodicals postage paid at Washington, D.C. and at additional mailing offices. **Subscriptions:** For sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 or call 202/512-1800. Subscription prices \$45 (domestic)/\$54 (foreign); \$7.50 (single copy domestic)/\$9 (single copy foreign). **Postmaster:** Send address changes to All Hands, Defense Media Activity - Anacostia Production Department, 2713 Mitscher Rd., S.W., Anacostia Annex, D.C. 20373-5819. **Editorial Offices:** Send submissions and correspondence to Defense Media Activity – Anacostia Production Department, ATTN: Editor, 2713 Mitscher Rd., S.W., Anacostia Annex, D.C. 20373-5819. Tel: DSN 288-4171 or 202/433-4171 Fax: DSN 288-4747 or 202/433-4747 E-Mail: [allhandsmag@dmda.mil](mailto:allhandsmag@dmda.mil) Message: NAVMEDACEN WASHINGTON DC //32// **Authorization:** The Secretary of the Navy has determined this publication is necessary in the transaction of business required by law of the Department of the Navy. Funds for printing this publication have been approved by the Navy Publications and Printing Committee.





# Taxpayers have until Monday, April 18 to file their 2010 tax returns.

To find your closest Navy VITA/ELF office go to:

[www.jag.navy.mil/organization/documents/tax/VITA\\_Sites.pdf](http://www.jag.navy.mil/organization/documents/tax/VITA_Sites.pdf)





MCPON Rick D. West answers questions from Sailors during a recent all-hands call.

## MCPON Message to the Fleet: No Second Chances for Drug Abuse

**M**aster Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West, recently released this fleet-wide message on drug abuse, which focuses on “Spice,” herbal products and other designer drugs:

There has been an alarming rise in the number of Sailors who are choosing to use Spice, herbal products and other so-called designer drugs; and this must come to an immediate stop.

More than 150 Sailors are currently being processed for Spice use, possession or distribution-and this is UNSAT.

Overall, the Navy separated 1,374 Sailors in FY09; 1,308 Sailors in FY10; and 302 Sailors during the first quarter of FY11, for drug abuse.

These unexpected losses negatively affect our commands’ manning levels, which in turn affects the commands’ operational and warfighter readiness. The Navy’s policy on drug abuse is simple and clear – zero tolerance – and there are no second chances.

NAVADMIN 108/10 states the following on drug abuse:

*‘Drug abuse includes the wrongful use, possession, manufacture or distribution of a controlled substance. Drug abuse also includes the unlawful use of controlled substance analogues (designer drugs), natural substances (e.g., fungi, excretions), chemicals (e.g., chemicals wrongfully used as inhalants), propellants and/or prescribed or over-the-counter drugs or pharmaceutical compounds with the intent to induce intoxication, excitement or stupefaction of the central nervous system, and will subject the violator to punitive action under the UCMJ and/or adverse administrative action.’*

Some examples of substances mentioned above where the wrongful use constitutes drug abuse includes, but is not limited to the following:

- Products that contain synthetic cannabinoid compounds, such as Spice, genie, blaze, dream, ex-ses, spark, fusion, dark knight, yukatan fire and K2.
- Natural substances such as salvia divinorum and mushrooms.
- Common items abused by inhaling or huffing, such as Dust Off, glue, paint thinner and gasoline.
- Over-the-counter products such as Robitussin and Coricidin HBP.
- Prescription medications such as Oxycodone, Vicodin, Adderall and Valium.

If you didn’t know, Spice is a mixture of natural herbs and synthetic cannabinoids, that when smoked, produce a marijuana-like ‘high’ that decreases motor skills, impairs coordination and concentration, and affects short-term memory and senses. The effects of these substances are unpredictable when combined with alcohol, and since the chemical blends are continuously manipulated and the strength of the synthetic chemical used is unknown, there is no way to know what you are getting in the drugs or what the long-term health risks are if used.

Some of the side effects from these drugs included uncontrolled vomiting, excessive sweating, flushed skin, increased heart rate and high blood pressure and loss of consciousness. If this sounds like a good time to you, then go ahead and hand over your rank and paycheck, and possibly your life.

**Speaking with Sailors** continued from page 4

### Advice for Life

Shipmates, this will be my last chance to address you. After more than 31 years of service, and the last three as your Navy Reserve Force Master Chief, my relief has been named and my retirement orders issued – I’m still running strong, but the end is in sight!

With that in mind, I’d like to share “Force Master Chief Wright’s Advice for Life:”

- Take care of yourself so you can continue to take care of others. You only get one body to get you through this life. As a Fleet Marine Force Hospital Corpsman and a lifelong runner, I can tell you that your health and fitness directly affect your mood, your performance, and your success – all of which lead to happiness. Keep moving!

- Take care of your family. Be involved in their lives, and get them involved in your Navy life. Successful families are like great teams working together toward a common goal. Navy life and family life can be great if you support each other.
- Invest in continued education and contribute 10 to 15 percent to Thrift Savings Plan. The returns from both are outstanding!
- Challenge your Sailors. When you get the opportunity to lead, LEAD! I’m a big fan of MCPON’s Brilliant on the Basics, and firmly believe that everyone can be a great leader. As famous football coach Vince Lombardi said, “Leaders are not born. They are made. They are made just like anything else ... through hard work.” You can be a great leader – step up to the challenge.

- Embrace being a Sailor. Honor our heritage and live by our core values and our Sailors’ Creed. The happiest Sailors I have encountered, Active and Reserve, are those who fully embrace the idea of being a Sailor – it becomes who they are, not something they do. You are a part of something great – be a Sailor for Life!

In the Navy, we learn to stand the watch and to train our relief. I am full of pride just knowing that our Navy provides you the opportunity to be the next MCPON, the next CNO, the next Chief, and the next LPO. Yes. I’m talking to you, shipmate! Serving in our Navy has been a great honor. Challenging service members and Sailors while supporting their families will always be my passion.

Fair winds and following seas always, shipmates!



**Bottom line:** The use and even just the possession of 'Spice,' herbal products, designer drugs, chemicals used for huffing, salvia divinorum or products containing synthetic cannabinoid compounds are prohibited. Leadership, along with Naval Criminal Investigative Service, is aggressively working to catch personnel who possess, use or distribute drugs; when you get caught, your career will be over.

Drug abuse goes against our Navy's core values and ethos, and it is a threat to lives, unit and mission readiness and morale. It is every Sailor's responsibility to deter drug abuse. If you do the crime, you will do the time ... remember zero tolerance and no second chances. **AH**

*Courtesy of MCPON(SS/SW) Rick D. West, Washington, D.C.*

## Guidance Provided to Sailors on DADT Repeal Provision

The Navy recently released NAVADMIN 041/11 to provide Sailors with additional information and guidance following the repeal of the "Don't Ask, Don't Tell" (DADT) policy.

The message, the second in what will be a series of NAVADMINs to inform leadership and Sailors on the subject, details a three-tiered approach to how training will be conducted across the fleet to provide for a smooth transition once the final repeal has been issued.

Chief of Naval Operations (CNO) Adm. Gary Roughead, has designated Commander, U.S. Fleet Forces Command as the executive agent for delivery and tracking of the education and training and OPNAV N-1 as the executive agent for the development of content.

"The path to repeal DADT requires informed and proactive leadership at every level. I will ensure you remain fully informed as we progress. I am counting on each of you to ensure that throughout this implementation period we do what we have always done: conduct ourselves with the highest level of professionalism and treat our shipmates with respect," said Roughead.

Command leadership teams will be used to implement training throughout the fleet, ensuring revised policies and standards of conduct are understood.

Sailors are reminded that the current DADT policy remains in effect. The final repeal will not occur until 60 days after the president, secretary of defense and the chairman of the joint chiefs certify to Congress that the repeal can be made in a manner consistent with the standards of military readiness, military effectiveness, unit cohesion and recruiting and retention of the armed forces. Additionally, no policies, regulations or benefits will change until 60 days after the final repeal.

To read NAVADMIN 041/11, visit [www.npc.navy.mil/NR/rdonlyres/78978720-CFEB-42EB-A6D1-1C4EEE993DAC/0/NAV11041.txt](http://www.npc.navy.mil/NR/rdonlyres/78978720-CFEB-42EB-A6D1-1C4EEE993DAC/0/NAV11041.txt) **AH**

*Story courtesy of Defense Media Activity – Navy, Washington, D.C.*

## Navy Adjusts Selective Reenlistment Program Levels

In response to retention requirements for critical skills, the Navy has made adjustments to the FY11 Selective Reenlistment Program (SRB) in NAVADMIN 048/11.

SRBs are a dynamic market-based incentive designed to retain Sailors in the Navy's most critical ratings and Navy enlisted classifications. Changes to the 135 skill and zone combinations reflected in the FY11 plan include 19 reductions and 12 eliminations; 105 remain unchanged.

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[www.navy.mil](http://www.navy.mil)

## Shipmates



Secretary of the Navy Ray Mabus congratulates EODC Gerardo Sosa after presenting him with the Silver Star.

## EOD Chief Awarded Silver Star

**S**ecretary of the Navy, the Honorable Ray Mabus, recently awarded the Silver Star Medal to Chief Explosive Ordnance Disposal Gerardo Sosa, of Garden Grove, Calif., at the Naval Special Warfare Group 1, Mission Support Center aboard Naval Amphibious Base, Coronado, Calif.

Sosa was recognized for his conspicuous gallantry and intrepidity in action against the enemy, while serving as ECHO Platoon explosive ordnance disposal technician, in support of Operation *Enduring Freedom* in Afghanistan.

Mabus also recognized military families, during the ceremony.

"Most Americans don't realize the [operational tempo]; they don't realize how many times you deploy, and they don't realize that when you come home, you don't get to spend that whole time with your family," said Mabus. "These [families] are the folks that make the biggest sacrifice right here. Thank you for your sacrifice."

Sosa was cited for his heroic actions on Sept. 7-8, 2009. He was providing over watch for the clearance of the Malmand Bazaar, Kandahar Province, when his element leader was mortally wounded after stepping on a pressure plate improvised explosive device (IED).

Sosa cleared a path to the element leader on his hands and knees, allowing the medic to render aid to the wounded Sailor. Discovering an IED beside the victim, he realized they were trapped in an active minefield. Sosa continued to probe the area, identifying and rendering an additional IED near the victim safe.

For 200 yards, Sosa cleared a path for his team as they transported their wounded team member to safety. His actions enabled their safe extraction from the minefield and saved the life of his wounded teammate.

"It's an honor to receive this award, but I look at it like this," said Sosa. "EOD techs are out there every day doing what I did. ... We don't do it for medals or for recognition; we do what we do to make sure Soldiers and Sailors get back to their families." **AH**

*Story by Lt. David Bennett, Explosive Ordnance Disposal Group, Coronado, Calif.*





Photo by MC2 James R. Evans



Photo by Marine Corps Lance Cpl. Dexter S. Saulisbury

HN Stephen Wescott, assigned to 1st squad, 2nd platoon, Lima Company, 3rd Battalion, 5th Marine Regiment, Regimental Combat Team 2, gives candy to a child during a daily security patrol, in Sangin, Afghanistan, located in Helmand Province.

At top—  
BMCS David Iverson shouts to the ship's 1st lieutenant in the sponson above him during a refueling at sea aboard USS *Carl Vinson* (CVN 70).



Photo by MCSN Adam Randolph



Photo by MC2 Brian S. Finney

GM1 Michael Braun assists a member of the Colombian Coast Guard during an Amphibious *Southern Partnership Station 2011* weapons firing subject matter expert exchange.

At top—  
ABEAA Christopher Guthrie (left) and ABE3 Anthony Chambers check a nose gear launch assembly aboard USS *Abraham Lincoln* (CVN 72).

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“Competition for opportunities to stay in the Navy has increased,” said Rear Adm. Tony Kurta, director of Navy’s Personnel, Plans and Policy Division. “We have a portfolio of force shaping tools, including SRB, to retain the Sailors necessary to execute mission requirements. SRB is a program that is used exclusively to retain Sailors with critical skills. As reenlistment requirements are met, SRB award levels are adjusted to ensure we remain within end strength and fiscal controls.”

The message also adds a provision to allow Sailors to submit SRB precertification requests prior to PTS approval; however SRB requests will not be approved until PTS confirmation is received. SRB requests must be submitted no later than 35 days prior to the requested reenlistment date.

“The SRB program has become more targeted, dynamic and efficient,” said Kurta. “Enlisted community managers continuously monitor the health of their communities and make recommendations to adjust the SRB award levels.”

Sailors are encouraged to work with their command career counselors, command master chiefs and chain of command to discuss timing of reenlistment and procedures well in advance of their end of active obligated service.

For complete information on the SRB adjustments, see NAVADMIN 048/11. **AH**

*Story courtesy of Chief of Naval Personnel, Washington, D.C.*

## Decreased Funding Reduces Orders Timeline

Citing the affect of reduced funding, the Navy recently announced that Sailors should expect to receive orders based on operational priority with shorter lead times.

NAVADMIN 049/11 informed the fleet of how this will affect permanent change of station orders while operating under a continuing

resolution (CR), a Congressional budget authorization that allows for normal operations to continue while a final budget is approved.

“Due to the way resources are phased and allocated under a CR, Navy currently does not have sufficient funds in our manpower accounts to allow for normal lead times for Sailors to receive PCS orders,” said Vice Adm. Mark Ferguson, chief of naval personnel. “The measures we are taking are absolutely necessary to remain within budget. Our goal remains to [ease the affect on] Sailors and their families as funds become available.”

Navy Personnel Command’s (NPC) ability to release approximately 10,000 orders at the end of FY10 minimized the affect of the CR until now. To date, NPC has received 40 percent less funding than planned and is currently releasing priority orders for members with detachment dates between March and May 2011. Sailors detaching in the next few months who have not yet received orders will likely have less than two months lead time when the orders are released.

Navy has used this prioritization strategy in previous PCS funding-constrained periods with the intent to minimize impact to Fleet readiness, career timing, and families. Emphasis remains on global support assignment rotations, career milestone billets, critical readiness fills, minimizing gaps at sea for deployed units and those working up to deploy while keeping the training pipelines moving.

Anticipating a heavy volume of fleet questions and concerns, Navy leadership reminds the fleet that the Sailor to detailee ratio is 1500:1 which means there may be a delay in response to individual questions. When seeking more information on this topic, Sailors are asked to start with the PCS “Frequently Asked Questions” on the NPC website at [www.npc.navy.mil](http://www.npc.navy.mil) or to contact the NPC call center at 1-866-U-ASK-NPC (1-866-827-5672).

“We remain committed to providing Sailors with as much information and lead time as possible,”

said Ferguson. “Thank you for your patience as we work through the [CR] funding challenges.” **AH**

*Story courtesy of Chief of Naval Personnel, Washington, D.C.*

## Operational Stress Control (OSC) Serves as Key Resource for Sailors, Families

Preventing and limiting the effects of operational stress on Sailors is a top priority for the U.S. Navy, a priority being met through the OSC Program.

Established in November 2008, the program seeks to help create an environment where Sailors, commands and their families are able to thrive during stressful operations.

The military services are feeling the strain of war, decreased unit manning, extended deployments and myriad situations brought on by the country’s current economic crisis. These issues, coupled with the normal stresses of household moves, deployments and separations, family and job responsibilities, magnify the stress Sailors and their families experience.

“We work cooperatively with other Navy and family, and personal readiness programs to build a foundation of prevention to be able to mitigate and prevent [stress related] injuries and illnesses before they ever affect our Sailors and their lives,” said Capt. Lori Laraway, OSC coordinator.

The program aims to teach Sailors that asking for help and guidance for stress issues is not a sign of weakness, but is instead a sign of strength. It accomplishes this mission by educating Sailors, families and command leaders to take care of themselves by remaining fit and healthy, to look after one another and to take action if they see others reacting negatively to stress.

“Leaders are our first line of defense,” Laraway said. “Maybe they need a more experienced chief or a senior mentor to help them discover options, or to identify things

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Photo by MC2 James R. Evans



Photo by Lt. j.g. Matthew Gray



Photo by MC2 Roadell Markman



Photo by MC3 Travis K. Mendoza

## Around the Fleet

Lt. Cmdr. Je rry Laubaugh (left) administers the oath of enlistment to ISC Jared Pringle during an underwater reenlistment ceremony.

Above—  
AOAN Fernando Carrillo, assigned to Strike Fighter Squadron (VFA) 25, secures a smoke marker to a weapons pylon on an F/A-18C *Hornet* aboard USS *Carl Vinson* (CVN 70).

Top right—  
Sailors assigned to Commander, Fleet Activities, Okinawa White Beach participate in a tug-of-war during Sports Day.

Right—  
SN Jessica Hamilton, assigned to deck department aboard USS *Carl Vinson* (CVN 70), mans the sound-powered phone inside the hangar bay.

AMERICA'S  
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A GLOBAL FORCE FOR GOOD.

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to mitigate their stress that may not even involve seeing a mental health professional.”

The program is improving awareness of stress-related illness as well. A survey taken in 2010 revealed a 7-percent increase of awareness among enlisted Sailors, and an 11 percent increase among officers. Sailors are also showing more drive to use positive methods to cope with stress, such as thinking of a plan to solve problems, exercising or playing sports.

Tools and resources available to aid Sailors in the management of operational stress include:

- Navy and Marine Corps Public Health Center (NEHC) Leader's Guide for Managing Personnel in Distress Web page [www-nmcphc.med.navy.mil/lguide/](http://www-nmcphc.med.navy.mil/lguide/).
- Military OneSource hotline 1-800-342-9647 and Web site [www.militaryonesource.com](http://www.militaryonesource.com).
- Navy Suicide Prevention Program Website: [www.suicide.navy.mil](http://www.suicide.navy.mil).
- Support personnel such as chaplains, medical personnel and mental health professionals can assist leaders in operational stress control functions. **AH**

*Story courtesy of Defense Media Activity – Navy, Washington, D.C.*

### Timely Perform to Serve Applications Critical to Staying

Navy Personnel Command (NPC) is reminding commands and Sailors that submitting Perform to Serve (PTS) applications is the key to being able to stay Navy.

“If you’re in a leadership position, this should be one of your top priorities,” said NPC Force Master Chief (AW/SW/NAC) Jon D. Port. “Sailors, E-6 and below, with up to 14 years active service must use PTS/Fleet Rating Identification Engine (RIDE) to remain in the Navy. They must carefully watch those timelines and work with

their command retention team to ensure timely application.

“PTS is as much the Sailor’s responsibility as it is a command responsibility,” Port added. “But Sailors need to be provided the tools and information to do this. That informational role rests with the command retention team.”

An approved PTS application is required before negotiating for orders, reenlisting or extending. NAVADMIN 352/10 explains how PTS is used to shape the Navy, and includes all business rules concerning.

Port said all Sailors should set an alarm to go off 15 months before their projected rotation date or reenlistment. Commands must ensure PTS applications are submitted for all designated Sailors in ranks E-3 to E-6 who have up to 14 years of service as early as 15 months, but no later than 12 months prior to their end of active obligated service (EAOS). If a Sailor has extended, then these time frames use the extended or “soft” EAOS (SEAOS).

During this mandatory submission period, applications must be completed even if the Sailor plans to separate or if the Sailor is ineligible or not recommended for reenlistment at the time of application.

PTS quotas issued prior to Oct. 1, 2009, are valid until March 1, 2011. Career counselors and commands are required to obtain enlisted community manager concurrence prior to using quotas issued before Oct. 1, 2009. PTS quota approvals will be granted

after the monthly rack and stack and final review.

“Getting into PTS on time is not enough,” said Joseph Kelly, PTS/Fleet RIDE program manager. “Sailors must also pay attention and start negotiating orders and handling reenlistment prerequisites to ensure the quota doesn’t expire.”

Once additional obligated service is incurred for an approved PTS application, or a period of 13 months passes since the quota was issued, the PTS quota is considered expired and is no longer valid. Quotas also expire if a Sailor extends. If a quota expires, the Sailor must reapply.

Kelly said separate formulas remain for in-rate and conversion applications; but applicants will only be compared against other Sailors within the same year group. He said this is a fairer rule because previously they were compared against Sailors within the same zone, which meant a third class petty officer with little experience could end up competing with a more-seasoned first class petty officer.

Applications for PTS-eligible Sailors will be automatically pre-populated in Fleet RIDE 15 months prior to their SEAOS, but they must manually apply in PTS with their career counselor’s help.

For questions, e-mail [PTS\\_Help\\_Desk@navy.mil](mailto:PTS_Help_Desk@navy.mil). For in-depth information concerning PTS, visit [www.npc.navy.mil/CareerInfo/PerformtoServe/](http://www.npc.navy.mil/CareerInfo/PerformtoServe/). **AH**

*Story courtesy of Navy Personnel Command, Millington, Tenn.*

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Photo by MC3 Michael C. Barro

A class of basic course students prior to graduation from the Navy School of Music.

# The Navy School of Music:

## Producing U.S. Ambassadors to the World

Story and photos by MC2(AW) Jonathan Hutto Sr.

Located at Joint Expeditionary Base Little Creek-Ft. Story, Virginia Beach, Va., the Navy School of Music is a multi-service command providing training for Army, Navy and Marine Corps musicians. It's the only military school in the United States instructing more than 600 military basic and advanced students annually. While the school, which recently celebrated its 75th birthday, serves the military as a whole, it has been primarily operated by the Navy since its founding in 1941 at Naval Station Anacostia, Washington, D.C.



Photo by Lt. Robert Wrenn

MU3 Christopher Kopp performs at Preas Sihanoukville High School during *Cooperation Afloat Readiness and Training (CARAT) Cambodia 2010*.





Cmdr. Ralph M. Ingraham, commanding officer of the Navy School of Music, leads the school orchestra during the 75th anniversary program.

“We prepare these students for the hosts of bands they will encounter in the fleet such as the woodwind ensemble, rock band, brass quintet, jazz big band, and ceremonial band,” said Chief Musician Roy Brown, an instructor at the school. “Our basic course is a six-month class designed for students coming straight from boot camp.”

The school is broken down into three levels. Students on the first deck are engaged in individual instrumental instruction. Students on the second deck engage practical application through playing music. On the third level, students learn music theory and ear training.

Brown teaches the intermediate Unit Leader (UL) Course designed for second and first class musicians (MUs) returning from the fleet. The course provides mid-management-level music leadership skills and academic knowledge to students, preparing them to return to the fleet to lead bands with newly acquired skills.

“[There are] several skills my students learn in the UL course,” said Brown. “First, they learn ceremonial conducting which is being able to lead the band through a military ceremony. Second, they learn drum majoring to lead bands through parades and change of command ceremonies. My students also learn how to write and create customized pieces of music for a special event.”

MU1 Jose Acosta, who recently returned from a tour in the 7th Fleet area of operations aboard USS Blue Ridge (LCC 19), is one of Brown’s current students. A graduate of the basic course in 2000, he sees the progression from his time as a new student to the musician he is today.

“The basic and UL courses are designed to prepare you for what’s coming next in your progression as a Navy MU,” said Acosta. “The basic course prepares you to do the performers’ job - to sit in the band and play music at a top-quality level, functioning as a military musician. The UL course is the next level, teaching you to be out in front of the band making sure the band functions properly when out in public.”

MU1 Heather Downing appreciates the UL course for giving her a broader understanding of the role each musician plays in the band.

“The course has helped me to understand what the leaders are going through before rehearsals and concerts,” said Downing. “Before the training course, I looked at it from the perspective of a flute player. I would come in, do what I’m told, play my gig and have fun with it. Now I’m looking at it from the perspective of getting my fellow MUs to play the music, delving into the score to find out what is happening throughout the ensemble and not just on my specific piece.”

For Downing, conducting has been the most fulfilling aspect of the course.

“It’s something about standing in front of a group, taking what you hear in your mind and feel inside your heart and being able to move just your hand with your facial expression and pull the music out having it come back at you,” said Downing. I can’t put into words what it does for me. It gave me chills the first time it happened to me. I stopped and stood there for a moment - quiet. It’s amazing when you connect with the music in that way.”

MUCM James Robo is in charge of academic curriculum at the school. Robo manages and evaluates instructors on course content, teaching methods, strategies and delivery of instruction.

“Our instructors have to undergo 8-month long courses of intermediate-and-advanced-level training in order to instruct our students, coupled with the musical experience they bring,” said Robo. “Our instructors are the best and I would put them up against any university instructor across the country.”

Robo views the job of Navy MU as unique in comparison to other rates due to the MU historically bringing the military to the public.

“We may not be the tip of the spear as far as weaponry and things like that go; nevertheless, we can go far into countries with our music. As soon as we begin playing music, folks gather around,” said Robo.

Navy Band and “tip of the spear” are not traditionally associated in our current wartime environment. But, for MU1 Andrew Conover, his career as a Navy musician has taken him around the world as an ambassador for America.



Sailors in the Navy School of Music re-enact the planting of the American flag during the battle of Iwo Jima during the 75th anniversary program.

“Whenever the United States wants to [strengthen] diplomatic relations with a nation, [many times] some of the first people there are musicians,” said Conover. “Music is an international language. It doesn’t matter as much if you speak the native language or not, because everyone appreciates music.”

Along with producing music, being an ambassador entails being at the forefront in the most positive way.

“For almost three years, I was part of the UNITAS band hitting almost every coastal country up and down the Pacific and Atlantic sides of South America,” said Conover. “We’d spend three days in a country playing public concerts, staying in hotels and moving on to the next country. Everything we do is providing public, positive and diplomatic awareness for the Navy. It involves not only putting forth the best music but the best Navy image, ensuring we look sharp, uniform is tight and we’re in good shape.”

Last year’s UNITAS Gold, was the 50th anniversary of the longest running multinational military exercise in the world. U.S. Navy ships worked with partner nation maritime forces from Argentina, Brazil, Canada, Chile, Colombia, the Dominican Republic, Ecuador, Germany, Mexico, Peru and Uruguay, participating in a number of training exercises conducting operations through several realistic scenarios to promote interoperability and the development of multi-lateral security cooperation.

At times, Navy bands may be called upon to counter potential growth of terrorist activity and culture through the preventive measure of music.

“One of my most moving experiences internationally was in Tunisia, north Africa,” said Conover. “We received a request from the U.S. Embassy to perform for inmates in a prison. At first, I didn’t know what to think until I heard more details. The inmates were children ranging from as young as five to 15 years old. They were in prison for petty crimes, such as pick pocketing, alongside hardened murderers.

“Al Qaeda was reported to have plants in the prison for the sole purpose of recruiting these kids for terrorist acts. Our job was to have a fun day with them playing music and serving barbecue. I’ll never forget



MU1 Heather Downing plays her flute alongside the Army and Marine Corps flautists, during the 75th anniversary celebration.

that day,” said Conover. “These kids were scared and you could see we were having an affect on the younger kids while the older kids seemed to be consolidated against us. It was moving to reach out to those kids and represent America in that way.”



Cmdr. Ralph M. Ingraham, commanding officer of the School of Music, believes the job of producing ambassadors is vital to the overall mission of the school.

“Our main focus is to prepare and train professional musicians capable of performing for our military and telling the Navy story to the world,” said Ingraham. “We talk about and demonstrate in musical and entertainment terms what everyone else does while they’re out at sea. The ambassadorial aspect of our mission is very important. We can sometimes blunt the need for the pointed end of the spear due to making people feel good through the art of music.”

A fourth generation Sailor, Ingraham enlisted as an MU in 1978 after finishing his undergraduate degree in Music Education from the University of Connecticut in 1977. The lack of decent paying jobs for musicians served as an initial motivation for him to join the Navy.

“After undergrad [school], I attempted to find a job teaching but, I was not confident in my own teaching skills,” said Ingraham. “I tried graduate school for awhile but I was simply done with school. During this time two friends, one who became an Army MU after college and the other who went to college after being a Navy MU, influenced me. I called the Army recruiter first, but they never picked up the phone. So I dialed the Navy recruiter. The Navy recruiter set up an audition with Navy Band Newport, now Navy Band Northeast, and the rest is history.”

Ingraham planned to stay only four years but ended up earning his officer commission and serving more than 30 years.

“I stayed because the job was fun,” said Ingraham. “It was too much for me to give up the applause and praise we receive when playing across the world.”

A good number of Ingraham’s students have joined the Navy School of Music from similar backgrounds: having first obtained an undergraduate education, or having prior music experience, only to find a bleak job market with limited incomes.

“Part of my motivation for becoming a Navy MU is due to it being one of the last real good paying jobs for a musician in this country,” said Conover. “In the civilian world, musicians are getting hired less and less. People are simply going to deejays or the iPod. Clubs would rather not pay for a full-fledged band. It’s simply tough out there.”

Seaman Crystal Vernon, a graduate of Rowan College of New Jersey with a bachelor’s degree in Music Education, taught music in elementary schools before joining the Navy.



Sailors, returning from the fleet, participate in a jazz ensemble during a unit leader course.

Vernon plays the flute, saxophone and piccolo, but became bored with teaching music and wanted the opportunity to play in a band.

“I taught elementary and high school music for almost four years,” said Vernon. “I didn’t get to play very much and it felt strange teaching music, but being unable to play to the level I desired. I was also bothered by the obstacles I felt got in the way of my teaching such as administrative barriers.”

A former instructor from Vernon’s college was instrumental in helping obtain an audition and acceptance into the school.

“One of my former professors from school is a retired lieutenant commander,” said Vernon. “I [told her about] my interest and desire and she took care of everything in terms of setting up the audition. My audition was videotaped and sent to Millington, Tenn. Once accepted, my professor told me to talk to a recruiter.”

Seaman Erin Donnelly, a graduate of Boston Conservatory, became a musician while in boot camp at Great Lakes, Ill. Upon graduating from college, Donnelly desired a full-time career singing in an opera, but opportunities were not plentiful.

“After college, I planned on being able to sing all the time,” said Donnelly. “My life after school was not what I envisioned. I was able to do competitions once in a while and I was able to sing with the Minnesota opera before joining the Navy.”

Enlisting initially as a mass communication specialist, Donnelly asked the choir director at Great Lakes, a former Navy chief, if any opportunities existed to reclassify as a musician.

“I was told the opportunity existed so I pursued it,” said Donnelly. “I had to learn eight

songs and do an audition with a chief musician. The interview was videotaped and sent off to Millington. I was accepted and allowed to reclassify while still at Great Lakes.”

For Donnelly, the most fulfilling aspect of apprentice school is being able to enjoy her passion everyday.

“I get paid to sing everyday and do what I love to do,” said Donnelly. “This school has given me the opportunity to learn my craft better. In college I only studied opera whereas here I have the opportunity to learn and engage different styles of music.”

Vernon also appreciates being able to focus solely on her passion.

“Here in ‘A’ school, I don’t have general education courses,” said Vernon. “I don’t have courses such as College Composition I and Astronomy. Here, I can focus totally and solely on my passion which is playing music.”

Seaman Apprentice Zach Drury had prior experience teaching jazz band and guitar in a private school and touring in a pop act known as “Masa Drive” in Utah before joining the Navy. His knowledge of Navy musicians came from his brother-in-law’s family having five other musicians in the Navy.

“In February of 2009, my band had to stop touring due to many issues with gear and equipment,” said Drury. “I decided by summer of 2009 to work toward an audition with the Navy band.”

Drury was flown out from Utah to San Diego to audition before a panel comprised of three Navy musicians.

“As a bass player I was tasked to play classical, jazz and rock,” said Drury. “I had to play the scales at a certain tempo and sight



A Marine and Sailor within the Navy School of Music drill band play during a ceremony.

At top—  
MU Ryan P. Putt, a graduate of the basic course, is congratulated by a non-commissioned officer.

read. The panel would ask me to play a certain chord and I had to play without any practice or memory. It was challenging but I passed and was accepted.”

Robo believes there are two primary reasons for becoming a Navy musician.

“The first reason is you love your country and you’re willing to do what is best for your country,” said Robo. “At the height of World War II, 85 percent of eligible males served in the military. Today that number is 6 percent. Those who come here want and desire to be



Percussionists practice within the drill band.  
At top—  
Musicians within the School of Music drill band receive instruction from the drum major.

here. Secondly, from a musical standpoint, the student has to practice and stay focused so they can exhibit professionalism as a Sailor and musician.”

For Ingraham, that professionalism begins with his students embracing the unique history and mission of being a Navy MU.

“Bands have been present in the Navy since our inception,” said Ingraham. “A drummer and piccolo player were among the first Sailors. In terms of music and entertainment, we dem-

onstrate what everyone else does while out at sea. We carry on the message of the Navy.”

*Hutto is assigned to Defense Media Activity - Anacostia, Washington, D.C.*



Lt. J.G. Ann Darby Reynolds shakes the hand of Capt. Archie Kuntze, commanding officer for Headquarters Support Activity Saigon, Vietnam during the Purple Heart award ceremony.



# My Purple Heart:

One Vietnam Veteran's Story of Survival

Story and photos by MC3 Mikelle Smith



"During the 26 years I served in the Navy, what I went through didn't cross my mind as much," expressed Reynolds. "I was occupied; but now, those thoughts seem to cloud my memory."





The Brink Hotel in Saigon, Vietnam, was used as the living facilities for junior officers in the military. Following the bombing, construction workers spent four weeks rebuilding the facility. Upon completion, the building was reopened and used as living quarters.

**On Christmas Eve 1964 in Saigon, Vietnam, a Navy nurse stood at the window in her room to watch her maid leave through the gate with an escort. As the nurse focused on the maid and the wrapped present she carried in her arms, the enemy attacked, making the holiday less like Christmas and more like a massacre.**

Vietnam veteran, and retired Navy nurse, Ann Darby Reynolds, was the first of four Navy nurses to receive the Purple Heart for heroic actions during the Christmas Eve explosion at the Brink Bachelor Officers Housing (BOQ) quarters.

Reynolds would go on to devote 26.5 years to the Navy, rarely speaking about the incident or her duty at Naval Station Hospital Saigon, but never forgetting what she called “the most traumatic experience” of her life.

“The heat and stench of Vietnam have always stuck with me,” said Reynolds, describing her March 1964 arrival to the capital city of Saigon. “It was as if I had stepped into a furnace filled with rotting eggs and death; even that depiction does not suffice.”

Two months after receiving orders to Vietnam during Christmas 1963, Reynolds made the trip from Travis Air Force Base, Fairfield, Calif., to Saigon in the cargo bay of a tightly packed C-130 Hercules aircraft.

“I remember how hot, dark and squashed the plane ride was,” said Reynolds, who at the time was only a Lieutenant junior grade. “I was squeezed between Army personnel, wearing my service dress blues with heels, while holding a paper cup to catch condensation droplets that fell from the ceiling.”

She spent two days on the cargo plane before entering the skies of Vietnam to land at Tan Son Nhut Air Force Base, Saigon. Upon landing, she was quickly escorted to her new command - Naval Station Hospital Saigon - by the hospital’s chief nurse.

Reynolds compared the hospital conditions to that of “an old disheveled prison” with barbed-wire grenade screens and three high-rising lookout towers, which were manned 24 hours every day.

“The hospital was originally a five-story apartment building, with no kitchen areas to cook food for patients, no operating elevators and very small rooms,” Reynolds said of the facilities. “The hospital staff consisted of nine doctors, eight nurses and seven hospital corpsmen. Our working days could last for 36 hours before you handed duty over to one of the other nurses. The days were long and sometimes very strenuous.”

During Reynolds’ tour, Vietnam had only two military hospitals: Naval Station Hospital Saigon in the south, and the Army 8th Field Hospital in Nha Trang, located 200 miles north of Saigon. Countless trips were made from the hospital in Saigon to Nha Trang to obtain more supplies and to help the Army nurses when needed.

Reynolds and her fellow nurses were instructed to travel in pairs or groups because the radical “Viet Cong” (South Vietnam rebels who fought against the Americans and South Vietnamese) had offered \$150 bounties to any Vietnamese willing to harm the nurses.

“The Viet Cong understood that the American military had limited personnel available,” said retired Air Force Brig. Gen. Wilma Vaught, the President of the Women in Military Service for America Memorial Foundation. “If they could get rid of the nurses, that obviously meant the troops would not be treated; therefore, resulting in permanent damage to the American forces.”

In a book titled Station Hospital Saigon written by retired Navy Nurse Lt. Cmdr. Bobbi Hovis, the capital city was locally known as “Bombsville.” In the book, Reynolds recalled numerous situations in which she would pass by a building right before the detonator went off.

“The frontline concept didn’t exist in Vietnam,” said Vaught. “It was said on many occasions that women shouldn’t be involved in that type of thing; that women shouldn’t have been there. There was never really a frontline in Vietnam; destruction was everywhere, all the time.”

It was only a matter of time before Reynolds would experience firsthand what it was like to be part of the chaos surrounding her.

## Christmas Eve 1964: Attack on the BOQ

Rumors that the Viet Cong were planning a massive attack somewhere in the country circulated around the city of Saigon. Because of those rumors, security to and from American government facilities had been heightened.

“We knew that something was going to happen somewhere in the country,” said Reynolds. “We were told by our chief nurse to be alert. We had no idea where the attack would be or when it would take place.”

Around 5 p.m. on Christmas Eve, Reynolds, and her three BOQ roommates, had just given their cleaning lady a wrapped present.

“I can remember it like it was yesterday,” said Reynolds, as she flipped through an old photo album. “I had my nose pressed tightly against the glass of the French window in my room.



During the chaos following the attack on the Brink Bachelor Officers Quarters, the hospital staff received word that Naval Station Hospital Saigon was the next facility to be attacked.





# Ann Darby Reynolds

Served March 1964 - March 1965







After the explosion at the Brink Bachelor Officers Quarters, Reynolds went back to the building to salvage items. While there she used her camera to take photographs of the after effects of the explosion; the balcony of the room next to hers demolished.

I was watching as one of the nurses and the maid walked toward the security gate to leave. It all happened so quickly; I was thrown back by the strongest force I'd ever felt in my life."

Little did she know, as she lay bleeding in glass on the floor of her BOQ room, that individuals in trucks carrying two 20-pound claymore mines had just exploded, and that the next nine hours would forever change her life.

When Reynolds finally came around she remembers thinking, "I must get to the hospital." Grabbing only her nursing shoes, she exited the building to find the other three nurses before heading to Naval Station Hospital Saigon.

"As I made my way out to the courtyard, I remember thinking 'Oh, my God, did this really just happen?'" she said. "Individuals were running out of the building like mad men. Some wearing only towels, others undergarments, but a lot of them were bloody with bad injuries. My automatic reaction was to start treating patients."

By the time Reynolds and the other nurses reached the hospital the entire city of Saigon was on high alert.

"The patients were coming in like an assembly line," Reynolds said of the scene at the hospital following the explosion. "We didn't really have time to do too much interaction with any of them. Everything was in disarray."

While continuing to treat patients, one of the hospital corpsmen noticed a large amount of blood coming from Reynolds' lower leg. After a quick examination, the corpsman informed Reynolds that she needed to get medical treatment because she had sustained substantial injuries.

"I refused to stop working on the patients and told him to wrap [the injury] up as best he could," said Reynolds. "I think I was just running off of adrenaline at that point. Being a nurse, I naturally thought about the patients needs before my own."

The initial blast that broke the glass of the French door windows in the BOQ caused the injury to her calf muscle.

After working well into the early morning hours of Christmas Day, the workload slowed down, allowing the hospital staff - now down to four nurses instead of eight - to exam each other; Reynolds was first.

"As I was on the table receiving several stitches in my calf, one more patient came in and was placed on the table across from me," she said. "When I saw who the patient was, I immediately jumped up to go over to him."

According to Reynolds, the gentleman lying on the table was someone she knew well; he lived next door to her in the BOQ. Several hours after the attack, he was found buried under the rubble.

"When I saw how badly his body was crushed, I didn't know what to say," said Reynolds, holding back the tears welling up in her eyes. "He looked up at me and said 'Darby, please don't let me die,' then passed away. To this day I can't get that image out of my mind."

## The Aftermath and the Purple Heart

Reynolds returned to the BOQ on Christmas morning to see what she could salvage. She examined her room, as well as the room where the gentleman she knew resided.

"When I got to my room and saw just how ruined it was, I couldn't believe that I had survived," said Reynolds. "The floor of the room next to mine had completely caved in. I was so close to death and very thankful for life."

Two military personnel were killed in the BOQ blast and 100 Americans, Australians and Vietnamese were injured, according to the second edition of The United States Navy and the Vietnam Conflict.

Reynolds and three other nurses were informed that they would receive the Purple Heart for courageous actions following the events that took place on Christmas Eve.

"At first I felt like I was only doing my job," said Reynolds referring to her initial reaction to the news. "After I had a moment to sit down and recall everything that took place, I accepted that and was honored to receive it."

Reynolds left Vietnam in March 1965, shortly after she received the Purple Heart, and took with her the memories - good and bad.

## Years of Silence

Experts estimate the U.S. involvement on the Vietnam conflict lasted for approximately 10 years, from 1965 to 1975. Even though she was no longer physically in Vietnam during that time, Reynolds still supported the war effort by recruiting Navy nurses, escorting prisoners-of-war back from captivity, continuing on with her career and trying her best to cope with the memories.

"During my 26-and-a-half years in the Navy, not thinking about what I went through in Vietnam was masked by commitment to my job," said Reynolds. "Not until recently, with all of the conflict in Iraq and Afghanistan, have I really wanted to tell my story."

After retiring in 1988, Reynolds moved back to her home state of New Hampshire.

"Since my retirement, many times I have nightmares when I hear certain things - like a helicopter or the sound of a vehicle backfiring - it takes me back to Christmas Eve 1964," she said. "Since that year there has never been a Christmas that goes by without thinking about what we went through. My Purple Heart is for every person who experienced what I did, and I will forever be thankful." **AH**

*Smith is assigned to Defense Media Activity-Anacostia, Washington, D.C.*







# Life in the 'yard

with ***Bonhomme Richard***

Story by MC1 Kurt Riggs | Photos by MCC Joe Kane

**As dawn breaks,** indistinct shapes can be seen in the parking lot behind the chapel on Naval Base San Diego (NBSD) at 32nd street. The shapes are momentarily recognizable as Sailors when the headlights of a bus slice through the haze and stop next to the group. A few Sailors get off the bus, more get on and the bus pulls away ... and the daily process repeats itself as hundreds of Sailors from USS *Bonhomme Richard* (LHD 6) report for work.

Sailors assigned to USS *Bonhomme Richard* (LHD 6) walk through early morning fog to the ship and the messing and berthing barge.





Shipyards workers from National Steel and Shipbuilding Company reattach a funnel drain to the port side of USS *Bonhomme Richard* (LHD 6).

Left—

A shipyard worker constructs scaffolding on the starboard elevator.



**Just up the road,** at the gate to the National Steel and Shipbuilding Company (NASSCO) shipyard, civilian workers and Sailors merge into loose lines, streaming toward a revolving turnstile. Each day, about a thousand Sailors and close to 1,200 civilian workers pass through this turnstile; all with a single purpose in mind: breathing new life into the amphibious assault ship USS *Bonhomme Richard* (LHD 6) and getting the ship ready for the next phase of her career.

Every five years or so a ship needs to be pulled out of the water to have critical maintenance and preservation work done to the hull. The ship uses this time to also perform upgrades of equipment and systems. Since the drydock is a few miles down the road from NBSD, this creates some challenges for the Sailors performing the work.

“It’s all right,” says Aviation Boatswain’s Mate Airman Annis Jarry, who’s been onboard for three years, and completed multiple deployments and exercises as a member of the ship’s air department. “I don’t like the hours; getting up early. Plus we’re living on a barge, so it’s not like being on deployment.”

Each morning the Sailors of “BHR,” as they call the ship, must report to work just like every other Sailor on the waterfront. But their waterfront is not owned and operated by the Navy. This is a private yard, owned and operated by NASSCO and that brings a whole new set of challenges. From parking, berthing, messing, working and simply conducting day-to-day business aboard a ship that is in various states of repair and upgrading, the shipyard has a challenge for everyone.



USS *Bonhomme Richard* (LHD 6) is in the National Steel and Shipbuilding Company drydock for maintenance and upgrades through April 2011.

At right—

The remnants of the well deck planking is piled up and ready for removal.

NASSCO shipyard workers use high-pressure water to begin cleaning the hull.



Machinist Mate Fireman Timothy Hooten agrees that life in the yard is a challenge, but could be worse. As he says, there are advantages to being in the yards but he’d rather be deployed.

“Well, we get to go home every night and we have good parking because we’re here so early,” Hooten said. But coming in early is also a negative. Being in the yards isn’t bad overall, but I can’t wait to get out and get back to the open sea.”

A shipyard period involves a lot of maintenance for everyone. Hooten, a member of the engineering team does maintenance on his spaces every day, as does Jarry. Whether repairing and upgrading firefighting stations, or cleaning the endless dust generated by the work, both agree maintenance has become one of their key duties while in the yards. And, both agree that good leadership makes it happen. That’s where Lt. Steve Shetler comes in.

As the assistant depot planned maintenance availability (DPMA) coordinator, Shetler’s job is to ensure Navy work gets done alongside the hundreds of contractors who come aboard to work each day.

“You take all the work we’re doing – that work package – and coordinate with the







SHSN Patrice Gilbert adjusts her hardhat after duty section muster in the hangar bay.

shipyards, so we don't impede them and they don't impede us. That's what we're trying to do," Shetler explained.

Not all the challenges associated with coordinating work are logistical in nature. Cmdr. Kieran Twomey, *Bonhomme Richard's* "Air Boss," said the ship and shipyard cultures differ. He said Sailors view *BHR* as their home and a sense of ownership exists aboard the ship; yard workers focus is on repair and moving on to the next task.

"That cultural difference, I think, is the biggest challenge for us, but despite that, both the shipyard and the ship have done a real admirable job in adjusting to each others' culture," he said.

As with any job of this magnitude, issues arise that cannot be planned for. One of the biggest surprises of this yard period for Shetler and Twomey was the adjustment by the crew to life in the yard.

"The thing that strikes me as being really impressive is, after all is said and done, we're in it now! The crew has really jumped in," Shetler said. "There are large groups of people out there doing a great job. I haven't seen a ship do this good of a job in the 22 years I've been doing this."

Shetler isn't the only one who is pleased with the quality of work being turned out by *BHR's* crewmembers. The ships commanding officer, Capt. Jonathan Harnden said he couldn't be more proud of the crew and the job they're doing.

"Every day they come to work and do their best. There isn't anything we've asked of them that they haven't come through on. As a commander, that's a gift and I couldn't be more proud of the work everyone is doing from the most senior to the most junior [Sailor]," Harnden said. "This is not an easy job, but our guys are getting it done, and getting it done right."

While the normal work day is anything but normal during life in the yard, *Bonhomme Richard's* crew presses on, accomplishing each task and meeting each new challenge while coordinating around bus schedules, culture conflicts and maintenance requirements. It's all part of life in the yards, and for Sailors aboard the "*Revolutionary Gator*," it's just another day. **AH**

*Smith is assigned to Defense Media Activity-Navy, Washington, D.C.*



Sailors will perform a variety of maintenance tasks during the several months that USS *Bonhomme Richard* (LHD 6) will be in drydock.







# Good ASVAB Scores Help Sailors Stay in the Navy

Story by MC1(AW) LaTunya Howard

For Sailors who thought the Armed Services Vocational Aptitude Battery (ASVAB) exam was just for entry into the Navy, think again.

Leadership from USS *Makin Island* (LHD 8), based in San Diego, said low ASVAB scores minimize Sailors' conversion options in Perform-to-Serve (PTS)/Fleet Rating Identification Engine (RIDE). To maximize Sailors' rating conversion options, the ship has begun an ASVAB improvement course - the "*Makin Island* ASVAB Academy."

"Our senior leadership wanted to come up with ways to aid our Sailors in PTS/Fleet RIDE," said Chief Navy Counselor (SW/AW) Jessie Curry, education service office, aboard *Makin Island*. "We are always striving to develop our Sailors personally and professionally. Navy College did away with the old instructor-based ASVAB refresher course, so it's only online now. After a few focus meetings, the academy was the idea we decided to run with."

The academy is a two-week course taught aboard ship by officers and chief petty officers.

"We purchased our course material from a local bookstore," said NCCM (SW/AW) John Leavitt, *Makin Island's* command master chief. "We started the recruitment process for instructors within our educational services office and with degree-holding officers and chiefs onboard. Each instructor was given an opportunity to develop their own curriculum based on their subject matter and we asked for feedback from the participants to tweak their presentation."

Class participants were Sailors who needed to improve their ASVAB scores to remain competitive and those who wanted to prepare for the Scholastic Assessment Test, a college entrance exam.

Sailors with low ASVAB scores, particularly in verbal expression (VE), arithmetic reasoning (AR) and word knowledge (WK) were encouraged to enroll. Completion of the course enabled them to retake the ASVAB exam, to better qualify them for conversion to undermanned ratings.

"We made posters and started hanging them around the ship to advertise the course," said Curry. "We brought Sailors in and talked to them about the advantages of taking the course."

Curry said the course improves marketability in PTS/Fleet RIDE that allows more Sailors to stay Navy. Additional course benefits include increased math and English proficiency, improved personal and professional development and potentially increased scores in Navy-wide advancement exams.

"We identify those Sailors who need help during the initial check-in process, the first career development board or through the PTS/Fleet RIDE input," said Curry. "Their ASVAB score is the No. 1 factor in pursuing another job, especially if he or she is in a Career Reenlistment Objectives (CREO) 3 category."

CREO refers to the manning levels for all Navy ratings and is a consideration for Sailors requesting PTS approval. CREO categories are identified in one of three levels:

- CREO 1 rates are undermanned.
- CREO 2 rates are manned at desired levels.
- CREO 3 rates are overmanned.

The command career counselor can help Sailors understand the benefits of reviewing their CREO information and provide Sailors with guidance throughout the PTS process.

*Makin Island* recently completed its first ASVAB Academy and Armed Forces Classification Test (AFCT). Re-testing began immediately following the course. The ASVAB is first administered to individuals desiring enlistment into the armed forces. The follow-on test, AFCT is administered to service members.

"We had 30 people in our first class," said Curry. "Across the board, everyone was pleased they didn't have to leave the ship to attend the course. This cuts back on man hours because previously we would have needed to cut orders for Sailors to attend this course through Navy College or another institution."

There were 12 Sailors who took the AFCT after the course, and all of them improved in English and mathematics test areas. The new test score is entered into the Sailors' official military personnel file.

According to Leavitt, if the new subtest scores are lower than the initial ASVAB score or lower than the Sailor's current rating requires, that Sailor would not be removed from his or her current rating for this reason. But it would affect future PTS/Fleet RIDE rankings and conversion opportunities.

"Since the beginning of FY11, nearly 1,500 Sailors have taken the AFCT, with each of the subtest scores improving on average by three points," said Stephen Watson, Navy Selection and Classification director, Navy Personnel Command, Millington, Tenn.

PTS began in March 2003 as a means for the Navy to match manning requirements with mission requirements. It's a centralized reservation system that balances overmanned and undermanned ratings.

With Fleet RIDE's merger into PTS in October 2010, Sailors automatically see what other rating billets are open, and what he or she qualifies for outside their current rating based on their ASVAB score.

"The conversion opportunities right now are pretty low across all zones," said Joseph Kelly, PTS/Fleet RIDE program manager, Navy Personnel Command. "There are still ratings that have opportunities out there but there's a lot more competition to convert to another rating than there has been in the past. The RIDE score is used as one of the multiples in the stacking for conversion."

Kelly said the higher a member's ASVAB score or a retest and improvement score, the better the Sailor's position is in the stack within PTS/Fleet RIDE for conversion. Conversions are handled the same as in-rate approvals. Each enlisted community manager looks at their year-group chart and determines where they need Sailors to fill the gaps.

"When we rack and stack these Sailors, it's by their year-group," said Kelly. "They are being compared to Sailors who came into the Navy the same year they did. If they have been competitive in their current rating, advancing when they are supposed to and receiving awards, they should fare well in the stacking."

Sailors who don't promote on time, due to low rating promotion percentage, will stack lower against Sailors in the same year group. This affects the Sailor's conversion opportunities, so studying hard for advancement is key.

The ASVAB score will improve or impair the Sailor in the year-group ranking. Kelly noted, the higher each Sailor's ASVAB score, the more competitive they are for limited conversions that are out there. It's important for every Sailor to know where he or she ranks within their year group.

NAVADMIN 352/10 describes the new policy changes and algorithms with PTS/Fleet RIDE. Conversion applicants will only be compared against other Sailors within their same year group. Previously, in the zone system, an E-3 with four years could be competing with an E-6 with six years in. Using year groups makes it more fair.

Commands interested in starting an ASVAB academy can reference MILPERSMAN 1236-010 for guidance.

"There isn't an instruction for getting started at this point," said Curry. "We are the first command to offer this course shipboard. Since we've started, other ships have contacted us for course information."

Howard is assigned to Navy Personnel Command, Millington, Tenn.



# USS O’Kane Sailor Honored as “Defender of the Year”



**F**ire Controlman (SW) 1st Class Shawn A. Walker was recently recognized by the Missile Defense Advocacy Alliance (MDAA) as the “best of the best” in supporting the U.S. Navy’s missile defense system worldwide. MDAA, a non-profit, non-partisan organization, serves to educate the American public on the critical role recipients play in defending our national security.

Walker is the acting Systems Test Officer and AEGIS Weapons System Supervisor aboard USS O’Kane (DDG 77). He was honored at an MDAA-hosted awards ceremony held in Alexandria, Va., that included winners from the Air Force, Army and U.S. National Guard.

“I felt honored that they considered me and I knew they had high expectations for me to try to perform at this level,” Walker said.

Vice Chief of Naval Operations Adm. Jonathan W. Greenert and Riki Ellison, MDAA chairman and founder, jointly presented the award to Walker and praised him for his leadership, effort and sacrifice.

“Petty Officer Walker demonstrates his commitment to excellence every day,” said Greenert. “It’s appropriate to recognize those qualities and exemplary efforts as the award honors those who inspire others.”

The event was the culmination of an annual MDAA program that each month honors exceptional individuals responsible for defending the U.S. Armed Forces, homeland and allies. The defenders are active-duty officers, enlisted personnel or Reservists from each service branch who work within the missile defense system and are nominated by their peers and commanding officers. The 2010 Defenders of the Year were chosen from each service’s monthly honorees.

“I was really surprised when I was told I was receiving this award,” said Walker. “It felt really great knowing all my hard work has been recognized by the chain of command.”

During 2010, three Sailors were honored by MDAA as Defenders of the Month: July – Lt. Travis Klempan, Officer in Charge, Mobile At-Sea Senior (MATSS), Pacific Missile Range, Kauai, Hawaii; November – FC1(SW) Walker; and December – Chief Fire Controlman (SW) Nathaniel Melvin, CF Division Leading Chief Petty Officer, USS Lake Erie (CG 70).

Navy Air and Missile Defense Command (NAMDC) in Dahlgren, Va., coordinates Navy submissions. NAMDC is the Navy’s ballistic missile defense Warfare Center of Excellence and the lead organization for naval, joint and combined integrated air and missile defense matters. **AH**

*Story courtesy of Navy Air and Missile Defense Command (NAMDC) Dahlgren, Va.*





Students participating in the STARBASE-Atlantis Science Academy work on flight simulators.

## 100,000<sup>th</sup> 5<sup>th</sup> Grade Student Graduates STARBASE-Atlantis

After 16 years of inspiring fifth-graders in the areas of Science, Technology, Engineering and Math (STEM), the Navy's STARBASE-Atlantis program recently graduated its 100,000th student on board Naval Air Station (NAS) Pensacola, Fla.

Jalen Hunt, who goes by the call-sign "Gator," was the milestone graduate, and launched a special '100K' model rocket with a blue and gold paint scheme to signify the event. Hunt and Ernie Gonzales, DoD's STARBASE program manager, pressed the launch button together, sending the rocket flying skyward.

"That was really awesome," said Hunt, age 10, a student at Jim Allen Elementary School. "They teach us a lot about science, technology and rockets, but we get to have fun at the same time."

Marking this historic moment with area children and educators, Gonzales had nothing but praise for the students.

"It was an honor to share this moment with Gator," said Gonzales. "The STARBASE-Atlantis kids are very inspiring; these could be our future Nobel Prize winners in science and math."

The first Navy STARBASE academy was launched in September 1994 at NAS Pensacola, and began offering local fifth-grade students an opportunity to participate in a variety of learning experiences designed to increase knowledge and interest in STEM subjects. The program has since expanded throughout the Navy.

Interest from the highest levels of the Navy has been one key to the success of the STARBASE-Atlantis program. The Secretary of the Navy Ray Mabus, was not able to make it to Pensacola for the ceremony, but he sent along his congratulations to the kids, noting the significance of the program.

"It's important that we do everything possible to inspire these young students to study Science, Technology, Engineering and Math, as they are our future," said Mabus. "Not only is STARBASE-Atlantis a lot of fun, but whether they know it or not, these kids are learning about physics, math, engineering, and aerodynamics as they work toward launching their rockets on graduation day. Graduating 100,000 students is an incredible milestone."

Success wasn't guaranteed for the program, which started off on a shoestring budget and without a permanent home.

"This milestone reflects the successful partnership between the Navy and the community to help the students who need it most," said Henry Giles, the Navy's STARBASE-Atlantis and community outreach program manager at Naval Education and Training Command (NETC). "Watching the program grow has been extremely gratifying. We started as single site that shared space with the base chapel, and have grown into 15 sites with academies on nearly every major Naval Base in the U.S."

"I think these kids are a testimony to science and math being fun," said Malcolm

Thomas, Escambia County school superintendent, and one of the dignitaries attending the ceremony. "It gives the students something to look forward to; that makes learning fun and that's the name of the game."

The STARBASE-Atlantis curriculum includes physics, chemistry, technology, engineering, and mathematics. Course topics include Newton's laws of motion, fluid mechanics and aerodynamics, model rocketry and much more. Students 'fly' aircraft on a computer flight simulator, as well as build and launch a model rocket as the final project for the course. Tours of Navy training facilities, as well as the National Naval Aviation Museum and the Blue Angels flight line, allow the students to see the STEM subjects they are learning in the classroom applied directly in the real world.

STARBASE partners with local area schools at each site, rotating class attendance throughout the school year. Children from schools that are not in rotation for a particular year can get the STARBASE experience by applying to attend one of several weeklong sessions during the summer break.

Operated by each of the armed services, there are more than 60 Starbase programs throughout the U.S. and Puerto Rico, funded by DoD through congressional appropriation since 1989. For more information on the 15 Navy STARBASE-Atlantis programs, visit: [www.netc.navy.mil/comunity/starbase/sa.html](http://www.netc.navy.mil/comunity/starbase/sa.html).

*Story and photo by Ed Barker, Naval Education and Training Command, Pensacola, Fla.*

### Southern Partnership Station 2011 Commander Visits Guatemalan School

The *Southern Partnership Station* (SPS) 2011 mission commander, Cmdr. Mark Becker, recently visited a school in San Jose, Guatemala, for a tour and speech.

Becker and his Foreign Affairs Officer, 1st Lt. Axel Zengotita, visited Colegio Liceo Alpha y Omega to discuss the importance of SPS 2011 and the importance of education.

"We're delighted about this opportunity to discuss our mission and partnership with the Guatemalan government," said Becker. "These children are the future of this country, and I'm honored to speak with them."

The invitation for Becker to speak at the school was a result of a class tour by 32 of the school's students to High Speed Vessel *Swift* (HSV 2).



Photo by MC1 Jeffery Tilghman Williams

Cmdr. Mark Becker, mission commander of *Southern Partnership Station* 2011, hugs students at Colegio Liceo Alpha y Omega, San Jose, Guatemala, after a tour of the school.

"Our students were so excited about their experience on a Navy ship and their interaction with American service members; we had to offer a token of our appreciation by inviting them here," said Colegio Liceo Alpha y Omega Director General Roberto Genovez del Cid.

More than 250 students were in attendance for Becker's speech, which was followed by a question and answer session. Most of the questions were related to why U.S. Sailors were in Guatemala, and how one becomes a Sailor.

"Their questions were very well thought out, and they displayed a sincere appreciation for our service and how we've partnered with Guatemalan service members to complete training and school construction projects here," said Becker.

At the conclusion of Becker's speech, Genovez del Cid presented him with a certificate of appreciation and school medallion to commemorate the day.

"The idea for this award and this entire day was initiated by our students who are committed to learning and broadening their horizons," said Genovez del Cid.

"We have never seen or met an American Sailor, so we're very excited about this day. Everyone we've met from the ship has been so nice and friendly to us, and we wanted to say thank you," said Jessica Rosemary, a 5th level student at the school.

*Story and photo by MC1 Jeffery Tilghman Williams, High Speed Vessel Swift (HSV 2).*

Lt. Theodore Gordon Ellyson, and her family provided a living historical connection to the past of naval aviation, said Lt. Cmdr. Ed Chandler, air boss for the Centennial Parade of Flight.

"I'm aviator number something too big for me even to remember, and he was Naval Aviator No. 1; the first guy brave enough to go out there and be taught how to fly a Navy airplane," Chandler said.

Family members of the pioneering aviator expressed their appreciation for the attention given to Ellyson.

"We grew up with the legends and stories of T.G. Ellyson, so it is neat to see what he was doing 100 years ago at this location, and it has been fun participating," said Tony B. Court, 58, grandson of Ellyson.

Court would later have an opportunity to assist in the preparation of an A-1 *Triad* demonstration, helping to wheel a replica of the plane his grandfather flew to its launch point in the San Diego Bay. While the replica A-1 *Triad* did not become airborne, it did skim around the bay, while the family and other observers watched. Ellyson made history when he flew the Navy's first A-1 *Triad* on her maiden flight, July 1, 1911, at Keuka Lake, Hammondsport, N.Y.

"The plane is amazing, we've assembled three branches of the family to witness this event and it's one we will certainly remember," said Court.

This event marks the first time some of the family have been to any kind of air show or seen a functional A-1 *Triad*.

"I'm very impressed that my grandfather flew such a frail plane and did so well at it," said Bill Court, 61, grandson of Ellyson. "Being able to see this firsthand for the first time, I re-

A 1911 Curtiss A-1 Triad seaplane from the San Diego Air and Space Museum taxis to the boat ramp at Naval Air Station North Island.





alize what an incredibly great man my grand-father was,” he said.

Touring the flight line and viewing some of the more modern aircraft, the family got to see the evolution of naval aviation from that frail A-1 to advanced F-18s.

“One hundred years really isn’t that long of a time period when you think about it,” said aspiring naval aviator T. Gordon Ellyson Court, 17, named after his great-grandfather. “When you look at all these Navy fighter planes and aircraft and then see that my great-grand father was the first one to start this whole new business, it is amazing when you think about it.”

In 2011, the Navy is observing the Centennial of Naval Aviation with a series of events nationwide celebrating 100 years of heritage, progress and achievement in naval aviation.

Story by MC2(SW/AW) Joseph H. Moon, and photo by MC3 Trevor Welsh, assigned to NPACE, San Diego.

## Blue Ridge Sailors, Philippine Marines Beautify Cemetery

Twenty-four USS *Blue Ridge* (LCC 19) Sailors and 24 marines from the Philippine Marine Corps recently cleaned up a small cemetery in Angeles City, Pampanga, Philippines, as part of a community service project.

“It always feels great to support others in need of help and give back to the community,” said IT2(SW/AW) Calitheia A. Sheppard. “It was a great thing to do, and I learned a lot of history that I didn’t know about.”

YN2 William S. Herbst, assigned to the embarked staff aboard the U.S. 7th Fleet command ship USS *Blue Ridge* (LCC 19), weeds grave stones at Clark Cemetery during a community service project.



Clark Cemetery is home to the remains of 8,649 service members from all branches of the U.S. Armed Forces, as well as the Philippine Scouts, Philippine constabulary and their dependents, dating back to 1900s.

Larry Heilhecker, Clark Cemetery chairman for Veterans of Foreign Wars (VFW) of the United States of America Post 2485, said the Navy and local service members in the Philippine armed forces are big supporters of the cemetery, and their contributions are always greatly appreciated.

“It never gets old seeing the Navy here volunteering their time,” Heilhecker said. “We are glad to have you here anytime.”

The cemetery relies on donations to maintain the grounds. VFW does not receive funding from either the U.S. or Philippine government, and the U.S. Department of Veteran Affairs only provides American flags and engraved marble head stones, according to Heilhecker.

In November 1991, the U.S. Air Force departed what was then Clark Air Force Base in the Philippines, turning over ownership of the grounds to the Philippine air force. Two years later, the Clark Development Corporation (CDC) agreed to take care of the cemetery.

But VFW decided to take ownership of the cemetery in November 1994, because the CDC did not keep the grounds up to standard, Heilhecker said.

“We rely on the help of volunteers from the Navy who come throughout the year and the paid local Filipinos,” Heilhecker said. “It is great to see the Navy adopt us.”

IT2(SW) Kevin M. Abney, USS *Blue Ridge*, said it was gratifying to work alongside the

Philippine marines and to meet someone who reminded him of himself.

“Like me, he has a wife and daughter,” Abney said. “He joined the service because of how bad the economy got and wanted to make sure he could provide for his family. It’s not every day you meet someone from another country who is similar to you.”

Story and photo by MC2(SW/AW) Kenneth R. Hendrix, Commander, U.S. 7th Fleet.

## Theodore Roosevelt Sailors Win Inaugural Best-of-the-Mess Cooking Competition

Three USS *Theodore Roosevelt* (CVN 71) culinary specialists competed in, and won, the first Best-of-the-Mess charity event recently held in Virginia Beach, Va.

The competition was sponsored by the Chief Petty Officer Scholarship Fund and pitted five local naval commands, *Theodore Roosevelt*, USS *Dwight D. Eisenhower* (CVN 69), USS *Churchill* (DDG 81), Assault Craft Unit (ACU) 2 and Commander, Submarine Force, U.S. Atlantic Fleet; against each other in a contest of cooking skill and presentation.

CS2 Kenyatta Pore, CS2(SW) Angel Vasquezvelez and CS3 Rogelyn Cambe represented *Theodore Roosevelt*.

The team entered the competition confident they could win despite one big disadvantage - while most of the commands had been preparing since November, *Theodore Roosevelt* was a late entry and had just one week to prepare, said Pore.

“We had a ton of stresses trying to prepare for this in just one week,” said Pore. “Did we have all the supplies and ingredients? Could we feed 300 people on top of getting the job done for the judges? But, it was kind of the same thing as feeding the crew every day so it was stressful but kind of easy in comparison.”

Each team had a budget of \$1,250 and a list of ingredients to use. *Theodore Roosevelt’s* chefs began preparing the meal at 4 a.m., on competition day. They cooked for more than 12 hours before the event and continued long into the night.

“When you serve a crew you have to continue to cook during the meal,” said Vasquezvelez. “The competition was setup in the same way. We started serving the guests and 45 minutes after that we had to present our meal to the judges.”

*Theodore Roosevelt’s* team accomplished what they set out to do. On short notice and



Photo by Lt. Cmdr. Karen E. Eilfert

Adm. J.C. Harvey (left), watches as CS3 Rogelyn Cambe (right), and CS2 Angel Vasquezvelez, both assigned to USS *Theodore Roosevelt* (CVN 71), prepare their entries during the Best of the Mess competition.

working under pressure, they came together and presented the judges and guests with the winning meal.

“I had a pretty good feeling we would win,” said Pore. “I could hear the guests talking and the way the judges were responding to our food made me pretty confident. We were in it to win it and came away with the trophy.”

The event raised money for the Chief Petty Officer Scholarship fund.

“We’ve got the best mess,” said Cmdr. Paul Amodio, *TR’s* supply officer. “To be able to showcase that and showcase our guys talents is always a great opportunity, especially when it’s for charity.”

“These events are how we help each other and that’s what it’s all about,” said Commander, U.S. Fleet Forces Command Adm. John C. Harvey Jr. “This is a great opportunity to get money into a scholarship fund that will then be distributed by the Chief Petty Officer Association. This is a real win-win for the people and for the Navy; we all come out winners on this. It’s a real good thing.”

*Theodore Roosevelt* will own the trophy for the next year. Their chefs are determined to extend their time with the prize.

“We won this with only a week of preparation,” said Vasquezvelez. “We blew away the competition and impressed the judges. I can’t wait to see what we can do next year.”

Patrick Kearney, an instructor at the Culinary Institute of Virginia, spoke highly of *Theodore Roosevelt’s* competing team.

“We had five commands competing to see who had the best chow and hands down it was [TR],” said Kearney. “They did a really good job tonight. It was some really tough competition but they really put their heart and soul into

what they did, and it was apparent and really came through in their food.”

Story by MC3 Joey Morgon, USS Theodore Roosevelt (CVN 71).

## Army Pilots Conduct Deck Landing Qualifications Aboard USS Gunston Hall

U.S. Army pilots with Joint Task Force Bravo (JTF-B), recently completed annual deck landing qualifications for their CH-47 *Chinook* and UH-60 *Blackhawk* helicopters on board USS *Gunston Hall* (LSD 44).

Gunston Hall is on a scheduled deployment to the U.S. Southern Command (USSOUTHCOM) area of responsibility supporting *Amphibious Southern Partnership Station 2011* (A-SPS 11).

The A-SPS 11 mission is designed to foster friendly, mutual cooperation and understanding between participating regional, civil and maritime services in Central America and the Caribbean Basin.

JTF-B, based in Soto Cano, Honduras, supports U.S. interests in Central America through regional cooperative security, supporting counter-drug strategy, exercising combined forces, disaster relief and humanitarian/civic assistance.

“We try to re-certify every four to six months,” said Army Chief Warrant Officer Shawn Fogarty, JTF-B battalion tactical operations officer. “This qualification enhances our capability to work with host nations and share through partnerships.”

The certification consisted of two days of JTF-B flight deck landing and liftoff maneuvers



BM2 Maxy Baskin directs an Army UH-60 *Blackhawk* helicopter during launch from USS *Gunston Hall* (LSD 44).

with *Gunston Hall* flight crew members assisting with signaling, wheel chocks and securing the aircraft to the deck with chains.

“The qualifications and trainings went really well,” said Boatswain’s Mate 2nd Class Krista N. Park, a landing signalman aboard *Gunston Hall*. “There was great teamwork between the pilots and the landing crew; it was very smooth.”

More than 25 JTF-B pilots completed six consecutive bounces, which are landings, liftoffs, circling then repeating the process. It takes approximately 30 minutes for each pilot to complete the deck-landing qualification.

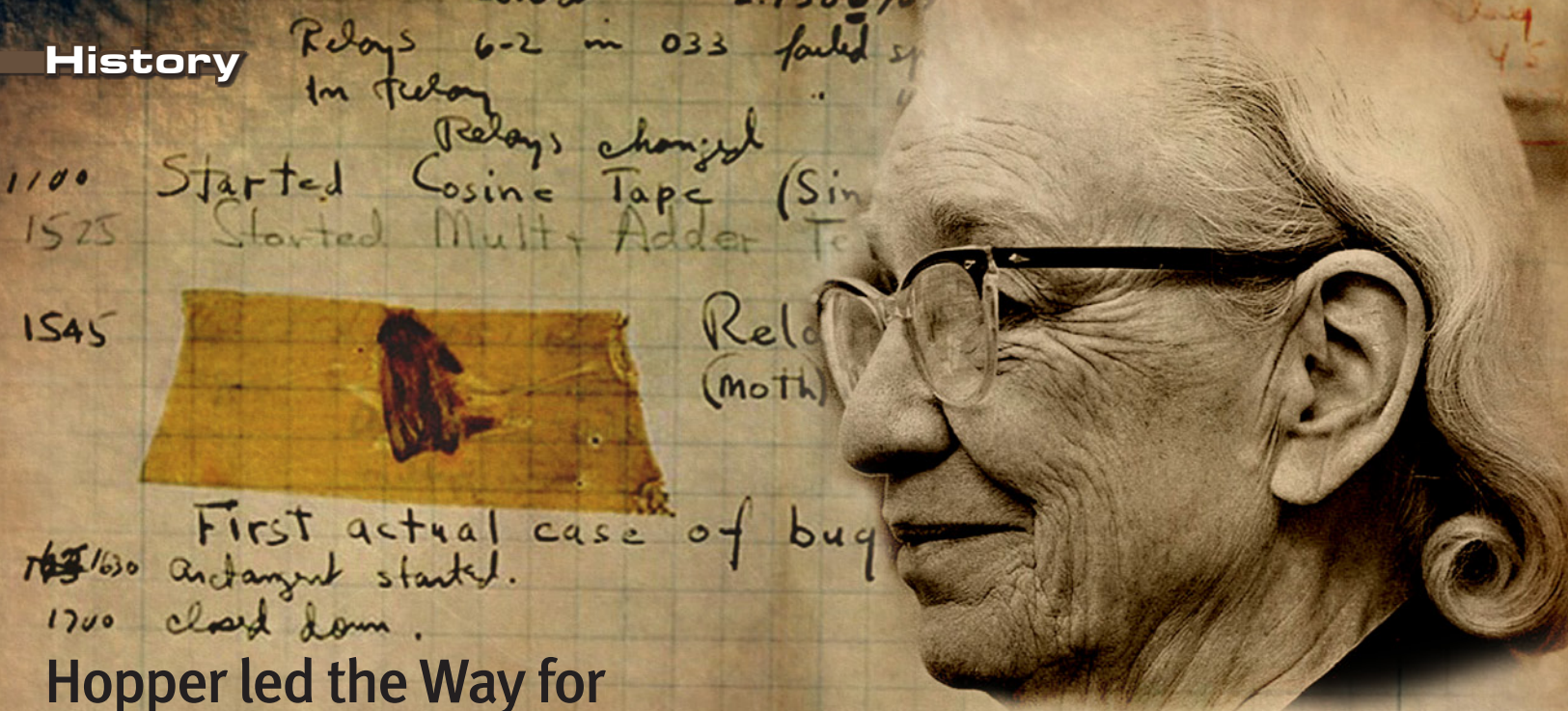
By working together alongside partner nation’s civil and military services, sharing ideas and information, A-SPS 11 aims to improve interoperability and enhance regional maritime security.

“This qualification is instrumental to the region,” said Fogarty, “especially in missions that are designed to go out and share with partner nations. This gives us the tools to do the job.”

“This is an outstanding training opportunity for the aircrew and our flight deck personnel aboard *Gunston Hall*,” said Capt. John Meier, commanding officer, USS *Gunston Hall*. “It’s really a symbiotic relationship, where we provide a challenging at-sea landing platform that truly tests the pilot’s skills, and the JTF-B crews help us to maintain our qualifications, while bringing us material support and mail. As a ship we rarely have the opportunity to operate with Army helicopters, so having the CH-47s and the UH-60s operate on our flight deck, gives us a broader experience base than the standard Navy helicopter support missions.”

Story by Army Specialist Gavriel Bar-Tzur, Amphibious Southern Partnership Station 2011, aboard USS Gunston Hall (LSD 44).





## Hopper led the Way for Women and Technology

Story by MC3(SW) Mikelle Smith

**T**hanks to Rear Adm. Grace Murray Hopper, one of the first software engineers in the world of computing, today's Sailors rely heavily on electronic devices, such as computers, to perform a variety of task. Use of these devices has made life in the Navy more manageable. Sustaining substantial connections is now made with the click of a mouse instead of the click of a pen. Like all things, computers have evolved from basic electronic calculators, but that did not happen overnight.

In December 1943 Grace Murray Hopper joined the Navy's Women Accepted for Voluntary Emergency Service also known as WAVES. She was commissioned as a lieutenant in July 1944 and reported to the Bureau of Ordnance Computation Project at Harvard University, where she joined the research team of Naval Reserve Lt. Howard H. Aiken.

Aiken directed the work to create the first programmable digital computer, the Mark I. With Hopper's help, they designed a machine to make fast, difficult calculations for tasks such as laying minefields. The Mark I was 51 feet long, eight feet high, eight feet wide and encased in glass.

Hopper immersed herself in the research, programming the machine and compiling a 500-page manual of operations for the Automatic Sequence-Controlled Calculator. In the document she outlined the fundamental operating principles of computing machines. By the end of World War II in 1945, Hopper was working on the Mark II version of the machine.

During her work with Mark II, Hopper was recognized for coining the term "bug" regarding a glitch in the computer. She and a team of programmers found a moth in one of the Mark II's relay systems which temporarily shutdown the system. The moth was removed and pasted into a logbook to study. At that time, the use of the word "bug" referred to problems with the hardware. By the mid 1950s, Hopper extended the meaning of the term "debug" to include removing programming errors from the computer system.

In addition to her success in identifying computer bugs, Hopper is well known for her contribution to computing with the invention of the compiler. The compiler was the intermediate program that translates English language instructions into the language of the target computer.

Her work embodied enormous numbers of developments that are now the bones of digital computing such as subroutines, formula translation, relative addressing, the linking loader and the code optimization.

Hopper neared retirement age in 1966 and hesitantly retired from the Navy. She returned to active duty the following year and was exempted from the mandatory retirement age of 62. Her recall to active duty was supposed to be a six-month assignment at the request of Norman Ream, the special assistant to the secretary of the Navy for automatic data processing. When her six months were up, her orders were changed to say her services would be needed indefinitely.

During her lifetime, Hopper received numerous honors. In 1969, the Data Processing Management Association awarded her the first Computer Science Man-of-the-Year Award. She was made a Distinguished Fellow of the British Computer Society in 1973. By December 1983 she was promoted to commodore, and two years later the rank of commodore was combined with rear admiral and she became Rear Admiral Hopper.

The Navy Regional Data Automation Center started work on a 135,577 square foot data processing facility; the building was to become The Grace Murray Hopper Service Center. The building layout consisted of a data processing center, as well as training facilities, teleconferencing capabilities, telecommunications and expanded customer service areas. A museum, also located inside of the building has numerous artifacts, awards and citations that Hopper received during her career.

For her outstanding commitment to the Navy and the evolution of computing, she was awarded the National Medal of Technology in September 1991. She passed away in January 1992 and was buried in Arlington National Cemetery with full military honors. In 1997, USS Hopper (DDG 70) was commissioned. Hopper is only the second U.S. Navy warship to be HYPERLINK "[http://en.wikipedia.org/wiki/List\\_of\\_U.S.\\_military\\_vessels\\_named\\_after\\_women](http://en.wikipedia.org/wiki/List_of_U.S._military_vessels_named_after_women)" \o "List of U.S. military vessels named after women" named for a woman from the Navy's own ranks. **AH**

Smith is assigned to Defense Media Activity-Navy, Washington, D.C.





Photo by Cam Betz. NAVFAC Southeast public affairs specialist

## NAVFAC Employee Awarded for Service During IA Tour

**N**aval Facilities Engineering Command (NAVFAC) Southeast employee Leo Ludovici was recently presented the Joint Civilian Service Commendation Award for distinguished service performed while on an Individual Augmentee (IA) tour.

"I was surprised when the skipper asked me to stand up," said Ludovici. "Then I knew why my wife, Anita, was here."

Capt. John Heinzl, NAVFAC Southeast commanding officer, pinned the medal to Ludovici's shirt and congratulated him for work performed on behalf of Brig. Gen. Camille Nichols, United States Central Command Contracting Command.

Ludovici was recognized for his work as the contracting officer at the Regional Contracting Center Al Asad, Iraq, while serving overseas from Oct. 17, 2009, to Sept. 26, 2010.

While in Iraq, Ludovici managed a \$91 million portfolio that sustained more than 17,000 troops in Iraq's largest provincial government center and oversaw all life support services to 120 troops.

"The work was pretty fast paced, much different than here," said Ludovici. "Here we work large contracts over a long period of time and [in Iraq], we worked a lot of small contracts for short periods of time."

He personally awarded and administered more than 80 service contracts valued at \$23 million.

Ludovici oversaw myriad operations and maintenance contracts providing facility engineering services and base operating support at the hub and seven forward operating locations in Al Anbar Province. For example, on Al Asad, his efforts resulted in service to more than 7,300 facilities and a physical plant valued at \$7.5 billion.

His work with the Baghdadi Water Treatment Plant resulted in a cost savings of more than \$600,000, and provided potable water to the base bottling plant and citizens of Baghdadi. In separate contracting transactions, his decisive actions to repair two separate water main breaks resulted in uninterrupted water supply to the remote desert base.

As the reading of his citation continued, Ludovici was recognized for work supporting troops with facilities and vehicle maintenance, heavy equipment leases, providing personnel with dining facility operations, trash removal, latrine service and around-the-clock maintenance services on all building electrical, air conditioning and plumbing systems.

It was the most gratifying job in my life," said Ludovici. "I had never worked at this capacity in a contingency setting."

His steadfast dedication provided life, health and safety support for troops throughout the province, significantly improved the economic development and welfare of the civilians who live and work in Al Anbar Province and contributed to reduced coalition and Iraqi combat casualties.

Ludovici remains in contact with many people he met while working in Iraq and stated that he would look at going on an IA again and would consider Afghanistan next time. **AH**

*Story courtesy of Naval Facilities Engineering Command Southeast, Jacksonville, Fla.*



**COCAINE** Cocaine can kill you the first time you use it. Cocaine and crack cocaine are highly addictive. Regular cocaine and crack users can become paranoid. Regularly snorting cocaine can lead to loss of sense of smell, nosebleeds, problems with swallowing, hoarseness, and a chronically runny nose. Mixing alcohol and cocaine is the most common cause of drug-combination related deaths. Cocaine can cause heart attacks even in young abusers. **ECSTASY** Ecstasy can be addictive. MDMA (Ecstasy) can cause a marked increase in body temperature (hyperthermia). Hyperthermia can lead to muscle breakdown, which can in turn result in kidney failure. In addition, dehydration, hypertension, and heart failure may occur in susceptible individuals. Repeated use over a short interval of time can lead to high levels of the drug in the body—increasing the risk of harm. MDMA (Ecstasy) can have many of the same physical effects as other stimulants such as cocaine and amphetamines. There are no specific treatments for MDMA abuse and addiction. Ecstasy can cause you to become dehydrated or to drink too much water without realizing it. This can also be deadly because it upsets the salt balance in your body. **GHB** GHB affects your self-control. It has been used in “date rape” and other assaults because it is a tasteless, odorless substance that can be unknowingly ingested and causes amnesia. GHB can cause people to lose consciousness. GHB withdrawal symptoms include anxiety, tremors, sweating, and sleeplessness. Different amounts of GHB have different effects on people. In other words, no amount is safe. **HALLUCINOGENS** LSD is manufactured from lysergic acid, which is found in ergot, a fungus that grows on rye and other grains. Originally manufactured as an IV anesthetic in 1950, PCP use in humans was discontinued because of its intensely negative psychological effects. LSD users can also experience flashbacks, which are when the original drug’s effects suddenly reoccur up to a year after the initial use. Because flashbacks can occur without warning, they can cause significant distress or impairment, especially if this occurs in an uncomfortable or dangerous setting such as at work, school, or while driving. Some LSD users experience severe, terrifying thoughts and feelings of despair, fear of losing control, or fear of insanity and death while using LSD. PCP is addictive — its repeated abuse can lead to craving and compulsive PCP-seeking behavior, despite severe adverse consequences. **HEROIN** Heroin abuse is associated with serious health conditions including HIV/AIDS and hepatitis, particularly in users who inject the drug. The alternately awake and drowsy state that heroin users experience while taking the drug is referred to as “on the nod.” Mental functioning becomes clouded. Heroin withdrawal may occur within a few hours after the last time the drug is taken. Symptoms of withdrawal include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps (“cold turkey”), and involuntary leg movements. **INHALANTS** Inhalants can kill you the very first time you use them. Chemicals like amyl nitrate and isobutyl nitrate (“poppers”), and nitrous oxide (“whippets”) are sometimes sold at concerts and dance clubs. They can permanently damage your body and brain even if you try it only one time. Chronic inhalant abusers may permanently lose the ability to perform everyday functions like walking, talking, and thinking. “Huffing” concentrated amounts of chemicals from paint and gas can directly induce heart failure and death. Long term effects of chronic abuse include brain, liver, and kidney damage. Research shows that inhalant use is associated with symptoms of depression. Research has shown that depressed teens are more than three times as likely to start using inhalants than teens with no symptoms of depression. Among youths aged 12-17 who used inhalants and had also experienced depression in the past year, 28 percent used inhalants before their depression started and 29 percent started using inhalants at the same time as their depression began. **KETAMINE** Ketamine (at high doses) causes delirium, amnesia, impaired motor function, high blood pressure, and potentially fatal respiratory problems. Because users don’t feel pain while high on ketamine, they can seriously injure themselves without knowing it. Ketamine is currently used in veterinary medicine and much of the ketamine sold on the street has been stolen or diverted from veterinarians. **MARIJUANA** More teens are in treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined. Young people who use marijuana weekly have double the risk of depression later in life. Heavy Marijuana users are more likely than non-users to be diagnosed with schizophrenia later in life. A recent study found

“If this sounds like a good time to you,  
then go ahead and hand over your rank  
and paycheck... and possibly your life.”

MCPON(SS/SW) Rick D. West, Washington, D.C.

that people who had used marijuana more than 50 times before the age of 18, had a three fold increased risk of developing schizophrenia later in life. Weed can cause increased heart rate and make some users extremely anxious or paranoid. Heavy marijuana use impairs young people's ability to concentrate and retain information. The short-term effects of marijuana can include problems with memory and learning. **METH** Meth can kill you by causing overheating, convulsions, and coma. Meth users may have cracked or deteriorating teeth that must be extracted. This is often caused by a combination of xerostomia (dry mouth), extended periods of poor oral hygiene, frequent consumption of high calorie, carbonated beverages and tooth grinding and clenching. Some reports have also speculated that the acidic nature of the drug is a contributing factor. Meth can cause a severe “crash” after the effects wear off. Meth can damage blood vessels in the brain leading to strokes (which can produce irreversible damage). Meth can be made from readily available ingredients like battery acid, drain cleaner, lantern fuel, and antifreeze. **PRESCRIPTION DRUGS** Unintentional drug poisoning death rates increased substantially in the United States during 1999-2004. This increase can primarily be attributed to increasing numbers of deaths associated with prescription opioids (which are types of painkillers such as OxyContin and Vicodin). More than 29 percent of teens in treatment are dependent on tranquilizers, sedatives, amphetamines, and other stimulants (all types of prescription drugs). Painkillers, such as Vicodin and OxyContin, are opiates and are very powerful medications that need to be taken under the close supervision of a doctor. These medications, when taken inappropriately, can cause addiction because they impact the same areas of the brain as heroin. Abusing prescription drugs for the first time before age 16 leads to a greater risk of dependence later in life. Unintentional poisoning deaths involving psychotherapeutic drugs, such as sedative-hypnotics and anti-depressants, grew 84 percent from 1999 to 2004. Between 1995 and 2005, treatment admissions for dependence on prescription painkillers grew more than 300 percent. **OTC DRUGS** At levels above the recommended dosage, DXM (the main ingredient in many cough syrups) is a dangerous dissociative drug like PCP (angel dust) and ketamine (animal tranquilizer). Some cough syrups that contain DXM often also contain decongestants, which when abused, can cause hypoxic brain damage (not getting enough oxygen to the brain), due to the combination of DXM with decongestants. DXM-based cough remedies contain many other ingredients that, when taken in excessive dosages, can cause serious health effects such as liver damage due to toxic side effects of those other ingredients. Overdoses of acetaminophen, an analgesic pain killer found in DXM-based remedies, reportedly cause more than 56,000 emergency room visits a year. Cough syrup is not the only kind of over-the-counter medication (OTC) that is dangerous. Over-the-counter drug abuse also occurs with laxatives, diuretics, emetics, and diet pills, which are abused to lose weight. Ephedrine, caffeine, and phenylpropanolamine are just some of the dangerous substances found in diet pills. All of these substances act as stimulants to the central nervous system and can have serious and potentially fatal side effects. Many over-the-counter (OTC) medications as well as herbal remedies can have harmful effects when combined with alcohol. **ROHYPNOL** Because it has no taste or smell, Rohypnol can be put into your drink without you knowing it. Rohypnol may cause individuals under the influence of the drug to forget what happened. Other effects include low blood pressure, drooping eyelids, and loss of consciousness. Rohypnol can be colorless, tasteless, and odorless, and can be added to a drink to incapacitate victims and prevent them from resisting sexual assault. **STEROIDS** Steroids can stop growth prematurely and permanently in teenagers. Steroids can make guys grow breasts and girls grow beards. Steroids have disfiguring effects — severe acne, greasy hair, and baldness (in both guys and girls). Some rare “side effects” of steroid use include liver tumors and cancer, jaundice, fluid retention, high blood pressure, kidney tumors, and trembling. Steroid abusers may also develop a rare condition called peliosis hepatic, in which blood-filled cysts appear on the liver. Both the tumors and cysts can rupture and cause internal bleeding. **TOBACCO** Smoking is addictive. Three-quarters of young people who use tobacco daily continue to do so because they find it hard to quit. Smoking can kill you.